

## ON RELATIONSHIPS

‘ Open Communication is the best way to create strong relationship’

Sathish had a bitter argument with his fiancée over an issue. Both remain incommunicado for some time. Sathish finds it difficult to carry on with the normal routine. Deciding to break the silence, he calls up on his friend. She does not respond. This creates anxiety in Sathish, experiences sleeplessness, no appetite, disinterest in academics and Research work, since he is unable to concentrate or focus. Gets into depression.

Rohan had a break up in earlier relationship. It took quite a long time to come to terms. He joins for a program at the institute. Over a period of time realizes, he gets closer to a girl who also shows interest. Now, Rohan feels apprehensive to take the friendship forward, because of the past experience. In a dilemma, he experiences indecisiveness.

Nitin and Rihini are close friends; feel comfortable in each other’s company. Their academic as well as personal interest seems to match well. Both go steady for some time. One day Nitin finds Rohini speaking with another boy. He is unable to stand the sight. This creates tension and misunderstandings between them. Both seek the professional’s help. To his dismay, Nitin is told that he had misunderstood the plain friendship. He experiences severe stress.

Sangeetha and Dharam are married couples, had got married during the fag end of Dharam’s Research program. While Sangeetha was pursuing her program dharama moves out with a job on hand. Things were good for some time. Once the honeymoon period was over, sangeetha feels that Dharam no longer spends time as he used to be during courting days. Besides, she also finds difficulty in adjusting with her in-laws. She shares her discomfort with her husband. He suggests adjusting, which is not well taken. Sangeetha feels that her husband is more supportive of his parents and does not show any concern for her problem or has interest in her anymore. She gets into depression.

These are few of the many a commonly found tribulations and trifles found among the individuals getting into or being in a Relationship or being married. The reasons could stem from no clear understanding, lack of open communication to most importantly not having a clear concept on “Healthy Relationships”.

Hence this note is written to create awareness on Relationships and its sub domains.

### **ALL ABOUT RELATIONSHIPS:**

Basis of a relationship between two individuals is “LOVE”. There are two kinds of Love. One is Romantic Love and the other one is Companionate Love. Romantic love is usually found among immature adolescents. In this stage the flaws are overlooked, only the strengths of the partners appear strong and this usually is known as “Blind Love”.

**Companionate love** is a gradual transition from understanding each other to moving on with awareness and acceptance to reality and facts, more caring, mutual understanding-in total grip of family

expectations etc. It is a state of Maturity, less Romantic but more of commitment, trust and to be for each other, no matter what may befall.

### **STARTING A RELATIONSHIP:**

Being in a Relationship is a full time job. Unless one is fully prepared with financial security, Emotional control, no family commitments, and social stand, it is better not to risk.

### **Basic Requirements:**

1. The first and foremost requirement is to know the person completely, assess positives and negatives before committing. Impulsive decisions (Love at first sight) based on emotions will blind the vision, which will not give visibility to the things that one does not want to see.
2. Adequate time should be invested with long term thinking for the future, and to take care of the present to live in the present to achieve the goals.
3. It is always better to discuss with a family person or an elderly before taking a final call on sliding into a relationship.
4. Most importantly it is always better to know the limits, stay in safer zone and not indulge in Pre-marital sexual acts and temptations before committing with each other in the courtship of marriage.

### **MYTHS ABOUT ROMANTIC RELATIONSHIP:**

1. Intimate Relationships are unconditional and will be strong to withstand whatever may come.
2. If one is close then they should understand the needs and interests of the other
3. One should match with all the interests of other person.
4. Top most importance to be given to relationship at the cost of other things.
5. Always interesting, happy and satisfied.
6. It is easy to change the other person in Relationship
7. Only first love is true love and one can fall in love only once.

### **SOCIAL NETWORKING SITES:**

1. Technology should be used with all seriousness safely and with respect to the other person in conversation ( not indulging in intrusive and abusive behaviors, Emotional abuse, blackmail, playing pranks, controversial comments can lead to serious repercussions)
2. It is good to avoid sex related comments and to say a 'NO' to sex, before marriage
3. Online Romantic Relationships runs the risk of false identity and in the long run to get carried away.
4. False sense of connection, imagining or fantasizing when in reality no relationship exists, leading to,
5. Painful Break ups.

### **ISSUES IN ROMANTIC RELATIONSHIPS:**

1. Dominating and controlling: dependency; Possessiveness and Jealousy; Trust; Unrealistic Expectations—Demands of Relationship; Resisting Change; Conflicts in moving with a Relationship—myths, family, religion, habits, life style and sacrifices
2. Intimate Sexual Relationships-Do's & Don'ts
3. Violence and abuse in the Relationship Break ups

### **TIPS FOR MANAGING RELATIONSHIPS:**

1. Communicate clearly
2. Listen openly to understand( Very often we hurry up to answer, and do not listen to understand the intentions or the message behind)
3. Shed the ego in resolving misunderstandings
4. Stretch hands to meet each other's needs
5. Grow from conflicts. Operate from Adult Reasoning Ego state.
6. Compromise and Negotiate
7. Give adequate time
8. Giving space is very important
9. Be reasonable in expectations and to manage them.
10. Keep Emotions under control
11. Get to know all about Conflict Management, Negotiation, Anger control skills, Problem Solving and Decision Making

### **REASON FOR BREAKUPS IN RELATIONSHIPS ACROSS GENDER:**

1. Jealousy
2. Unmet Intimacy Needs
3. Previous Relationships
4. Lack of Understanding
5. Verbal and sometimes Physical abuse
6. Lack of Trust
7. Lack of Commitment
8. Developing new interests and goals
9. Total Dependency
10. Emotional instability
11. Poor Inter Personal Relationships, Vulnerable family Background
12. Poor attachment style-Women generally tend to seek more support and men might be more discussing than women

## **IMPACT OF BREAK UP:**

**'You can't start the next chapter of your life if you keep Re-READING the last one.'**

1. Affects studies, work, self confidence, Mood
2. Adjustment Disorder, Depression
3. Strained Relationships with parents
4. Being isolates and losing support,
5. Losing hope in Relationships
6. Losing Trust in people

The mental & physical Health of both the individuals in relationship can be affected negatively, hampering the day to day functioning.

## **DEALING WITH BREAK UPS:**

Break ups are painful but sometimes inevitable.

**"The most painful Goodbyes are the ones that are never said and never explained"**

1. Give vent & Cry in private or over a shoulder of a trustworthy person
2. Time is a big Healer
3. Accept the reality
4. Tolerate the fluctuation
5. Seek Social/family Support (either from a close friend, supervisor, or any from home) or a Professional.
6. Indulge in Physical Exercise, jogging, Aerobics, Yoga & Meditation & other activities

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